



# Washington Basin Massage NEWS

Editor  
Ruth Williams

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Kennewick, Wash.

## "Mystery and Misery of the Backache"

The above is the title of an article written by Ernest Havemann to be found in the September Readers Digest. "Long given the brush-off by doctors, it is now treated as a serious problem," says Mr. Havemann. "Doctors of Physical Medicane and Rehabilitation, Bellevue Medical Center, New York, say that so many bad discs have been found in post-mortems on persons who never complained of back pain that the damaged disc can hardly be considered the main villain. These doctors believe that most back cases are accompanied by functional impairments: that is, muscles and ligaments are working badly, and the trouble is not the result of a condition which could be seen in an Xray or detected by a post-mortem".

This is very interesting and proves out the theory that the Masseur has been using for thousands of years. It is nice to have varification of our theory from sorces es of higher education. Be sure to read it.

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INITIATIVE 188 B OBS UP  
By Paul Busselle, Columbia Basin News Associate Editor, Aug. 28, 1956

Echoes of the unsuccesful political battle of two years ago to put a Initiative 188 (the chiropractic measure) are being heard across the stat with Chiropractors unleashing a campaign charging Lt. Gov. Emmett T. Anderson of joining hands with the "medical trust" in his bid for the Republican nomination for governor.

Members of the Legislative Committee of the Society for Chiropractic Information, with headquarters in Tacoma, have been flooding the mails with litarature pointing to a "brazen disclosure that Mr. Emmett Ander- son is the candidate of the Washington Medical Society" and stating that if Anderson should be elected, the Medical Society will "expect him to do their bidding."

The Chiropractors come out flatfooted in recommending Attorney Gener Don Eastvold for the nomination for Governor on the Republican ticket.

Ed. Note: Don Eastvold is the fine young lawyer who was the speaker at Seattle state convention a few years back and gave us some good advice concerning legislature and our massage bill. Lets give him our support when we go to the polls to vote. R.W.

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### NOTICE:

"The letter from a Spokaneite" in last months issue was written by Netta Meade. Sorry we left the name off the letter. (ED.)

To Our A.A.M.M. News For August  
By P.R. Cannaday  
WEED or WHEAT

What are we sowing?  
Is it weeds or wheat?  
Wheat is golden and sweet  
Weeds are bitter and not sweet.  
We reap what we sow  
Be it bitter or sweet.  
Christ sowed good seed, like wheat

The Devil sowed the weeds  
So bitter, not sweet.  
Our deeds are either bitter or sweet.  
Thoughts too, make us  
Bitter or sweet.

Kind deeds make us  
Grow like golden wheat.  
Thoughts of anger, malice and greed  
Make us rust and decay  
And destroy the good wheat.  
Jesus said, "What a man soweth,  
That shall he reap."

Our works represents  
A tare or wheat;  
So, let's be thorough  
With the people we treat.  
If we treat them like wheat  
It will make them kind and sweet.

Soft answer turneth away strife,  
Weeds, if you please, not wheat;  
Angry words stir up anger  
Bitter weeds not wheat;  
Christ is coming to gather  
The golden wheat.

The tares will be burned  
Beneath His feet.  
Christ said the world  
Is the harvest field, for  
Both the tares and wheat  
Shall grow together, till the harvest  
Which will be bitter or sweet.  
Which side are you choosing  
The bitter or sweet?

Written By P.R. Cannaday  
Pres Seattle Local.

Seattle Next Meeting  
Don't forget the Seattle Local Meeting at 315 Union Street in  
Mannings Cafe as announced in last issue---Time 7:00 P.M.  
SATURDAY NIGHT --September 15th---We hope to have a good turnout.

REPORT on NATIONAL CONVENTION  
A.A. M.M. Milwaukee Wis. Aug 2,3,4,5,--1956

As your delegate from Washington State Chapter, I will try to give you this report as briefly as possible, to avoid boring you any more than necessary.

Milwaukee is a very nice industrial residential City. We were treated royally. Weather was ideal. The Plankinton House was comparable to the Davenport Hotel, Spokane. The meeting rooms were nice & cozy. We were aided by a public address system, and the entire meeting was tape recorded. Our banquet was served in a very beautiful dining room, food was delicious, entertainment was provided throughout the dinner. The dining room had a beautiful flagstone floor, after the dinner, tables were removed and dancing was enjoyed by many. Our Wisconsin members did a bang up job of entertainment arrangement.

I had nothing to do in the convention proceedings, that was very ably cared for by our most enthusiastic and hard working members, M. Niedfelt and R. Williams. Their enthusiasm and will to do, can rarely be matched.

Paul Bocek of Idaho, Geo. Gammon of California and Arnold Ingemann of Georgia, were also to be heard from.

D.S. Carlson National President conducted a very interesting and business like convention meeting. Pitching in a little humor, or jerking back a tear, in the rise and fall of the tide of emotions.

The various committees, gave their reports; M. Niedfelt on Organization, R. Williams on Schools & Colleges. Ann White on ethics etc. I believe every thing was adopted. In fact there seemed to be very little disension to any proposition, proving the intelligent thinking on the part of those preparing their work for presentation.

Next Years convention headquarters will be Pottsville, Penn, by invitation of Blandy Jones.

Mary E. Howell, a petite & attractive masseuse of Canton Ill, was given the title of National Masseuse of the year. She had no opposition. Paul Bocek and Myself, the only other contestants, were disqualified by the committee, for lack, (in my case) of a letter from the Chairman of the Masseur of the year Committee, stating why I had been chosen as Washington's Masseur of the year to represent them.

At the National Convention. Paul Bocek had a similar situation. I was not informed of this discrepancy until about ten minutes before Mary Howells was presented with her certificate, as National Masseuse of the year. Had I been informed sooner, would have tried to correct the errors by telegraph.

I am sorry that I didn't earn at least a try, for the confidence invested in me, and the money spent for the ride.

John A. Murray R.M.  
Washington State President.

## CHEMICAL INVENTORY

### SULPHUR:

Sulphur is a mon-metallic element of a fitful, smokey, volcanic nature, and varies from a lemon color to a dark amber. It is found abundantly in all parts of the earth. Especially is it found in great quantity where volcanic activity has taken place. It is also found in many forms of vegetation. Commercially it finds use in the manufacture of matches, gun powder, sulphuric acid, and various gasses. It is also used largely as a disinfectant.

About four ounces of sulphur has been isolated in the body. It appears as part of the actual structure of hair, nails and the outer layer of the skin. It is also found in combination with other elements in many of the body liquids. It is especially active in the formation of bile. As a functional principle, sulphur acts as a bleaching, cleansing, stimulating agent. It bleaches the skin, the hair, and the eyes; it drives taints of the body into the skin, from which point they are carried off.

Sulphur acts upon every cell in the body. It intensifies nerve life, adds sensation and quickness to all nerve tissue. It is sometimes called the "element of emotion." When sulphur is active the nerves are keen, sharp, erratic, and very sensitive; functional impulses to and from the brain are quickened. It is essential to reproduction.

True sulphur types are restless, volcanic, every nerve is highly sensitive. Pain is always increased under sulphur saturation. The body is warm and reacts pleasantly to cold showers, cold winds, etc. Sulphur does not add strength, it simply increases nerve energy.

In the blood stream sulphur is found united with phosphorus, in the ratio of one point of sulphur to two points of phosphorus. The following foods contain the combination almost identical with the demands of blood chemistry: Radishes, Chestnuts, Carrots, Pineapple, Celery, Bananas, Figs, Ranges, and Lettuce. These foods are good for blood building purposes. In the brain and muscle, the combination shows one point of sulphur to sixty-five points of Phosphorus.

The following foods contain the combination best suited to brain muscle stimulation: Peas, Beans, Barley, Oats, Peanuts, Meat, Sea Foods, Rye, and Cottage Cheese. This list of foods, however, is very high in nitrogen. Before attempting excessive use of these foods, read your notes carefully on the above element and its function in the body.

Sulphur foods require careful preparation. It is sulphur that gives odor to the whole house when cabbage or sprouts are being prepared. These foods, especially cabbage, are wonderful, and if prepared right, yield many values needed by the body. They should always be prepared in their own moisture, in a tensil properly covered to prevent the escape of the gasses; a low flame should be used, so that the food is prepared under the boiling point, and it should be cooked only long enough to provide for a softening of the heavier fibers. It is ready to serve when it bites clean. Sulphur foods are ruined when they are cooked in water, to which salt has been added, and then boiled. Sulphur favors versatility, emotionality, and adaptability. It beautifies the skin, and is needed by all slow indifferent people.

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### ANNOUNCING

Beginning with the next issue all copy will be stenciled in Kennewick, please have your copy in to the Editor by the 15 of each month. Your editor will have the assistance, (greatfully accepted) of the National Public Relations Man. The editorial staff feels that each group cutting their own stencil has not proved sucessful enough. Hence the change.

NEWS RELEASE  
BY Milton A. Neidfelt

Probably the most amazing impression I have of the National Convention of our A.A.M.M. in Milwaukee, was the fact that what were appointed Committees in Davenport, Iowa two years ago, have now seemingly become "Departments"----Whereas but two years ago we had a convention dividing up the work into committees. Now these committees have begun to work in such manner that they have become important to the power and expansion, and of course we owe our National President and his capable Board of Directors much credit in laying the basis for such a "Machine"

There was the Schools and Colleges Committee---Such a report--In detail and expanse this Committee, of Department, went to the depths of studying schools as individuals, and finding out what should make up the Curricula of these schools, and by adoption of this report, piece by piece, and as a whole. Now we can say to the world. You must have this kind of education or you are not a Masseur or Massense. Hap-hazard education no longer can be accepted. This due to Ruth Williams and her committee.

There was our Legislative Committee headed by Mr. Sam Dahlgren, who had a good showing, and he will certainly have a big job this year, since many of the States are being distressed with legislation to stop and hinder our Massage profession.

Gilbert Smith gave a good account of his committee. A number of good Constitutional Amendments were enacted. One; A W<sup>ays</sup> and Means Committee to figure out how we are going to get finances enough to meet the cost of our expansion, and to meet the costs of legislation in various States, and other costs such as Public Relations, and Organizational and Membership costs. Also a Finance Committee to regulate the income and expenses so that each department of our Association will have proper amount of funds to work with, and that efficiency of spending will be established.

Ann B. White made a report of our Ethics Committee, and you will find from now on Ethics (OR manners) by which we will govern ourselves established, and we will find that very helpful in our every day contact. Besides that we had a Ceremony of the "Consecration of hands" which was very beautiful and wise. After all we are "Laying on" hands in the same manner that Jesus Christ Layed on hands, and it is only right for us to consecrate our hands to this work--How Beautiful!

Paul Bocek, chairman of the Legal Committee had not made much headway, but he is continuing to try to solve the Legal matter of legal representation when our Association or its members may need such help.

Our Convention set up a Public Relations Department, and now we will probably take our place among other groups that get the ear of the public, if not now, we will reach the ear of the public in the not very far future, Mr. Harry R. Felikan, a new member from Missouri--whose address is P.O. Box 3791 Kirkwood 22, Missouri--is committee Chairman. Mr. Felikan wants to hear from all of us. Your letters will be most interesting to him. Kirkwood is a suburb of St. Louis Mo.

To think that our progress of having 130 registered delegates at our Convention for most every state in the USA--and that we had 350 persons, members, friends and families sit down to a wonderful banquet surely marks a highlight in the progress of our Association.

This is Organization! This is Membership! This is "Making our Profession progress! This is getting something good out of life, for ourselves and our patients!"

But this means more work for National President, D.B. Carlson, this means more work for our National Secretary, Mr. Arthur Melson, and to our many members this means that you will find our Association working more like a machine---WE will have departments doing the detail work, and not just one secretary and one President. Henceforth this will give better opportunity for our States to grow and search every corner of the state. Find "asseurs and Masseuses who are eligible and get them to join us and help us--we all need their help.

There are still quite a number of states that have no state chapter in them. This is still the job of yours truly with those of his Committee that will dig in and help make a State Chapter in every state. We are looking for Missouri to be the next state to organize. But some of the other states have a chapter in some one city, without member throughout the state--We want all the "asseurs and Masseuses in Chartered states. They have a right to belong if they are qualified. Their bread and butter will soon depend on this organization if my ears serve me right and I hear the reports of their states at Milwaukee....

Yes Milwaukee has come to our lives... But it will long remembered for the welcome we had there. The welcome by the Arrangement Committee Mrs. Memo Rendall, and the Committee. The welcome by the Mayor's Office, the Lights on the City Hall tower, the write-ups in the Milwaukee Journal, the 2 hours we watched the sound color pictures of Milwaukee. The demonstrations at our seminar by Mr. John Persona. And the selection of our Masseur of the Year. Mrs Mary Howell, of Illinois. Yes the Convention is past, but the work and the effort and the memories and inspirations of this convention will long live in our memories and our work. It was a most successful Convention---Long live the Great American Association of Massers and Masseuses!

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#### Thought for the day:

Education is a debt due from the present to future generations.  
George Peabody

#### NOTICE:

We have had no word from Spokane or Portland, so as it is Sept 1st we must go to press without their copy. Hope to hear from them next month.

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The Atomic Health Center in Kennewick is nearing completion and is now in use.

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Travelers to convention in the Williams car had a hilarious trip what with Mr. Tyler teasing Carol Neidfelt about her frequent "rest" stops. The homeward journey was delightful with the trip through Yellowstone and the Black Hills.

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National Convention for 1957 will be held in Pottsville, Penn.